

Bulletin !

An informal look at life in this part of France and a selection of things to see and do

Thought for the month:

To succeed in life, you need 3 things:
a wishbone, a backbone and a funny bone

Reba McEntire

Some *vide-greniers/brocantes* in this area [\pm = stalls expected, '35' = area]

Tues. 1 st	Dol de Bretagne (35)	v-g in Salle Châteaubriand, \pm 150
Sat. 5 th	Ouistreham (14)	<i>Foire à la Farfouille</i> , in Grande Dimes, \pm 50
Sun. 6 th	Avranches (50)	Monthly <i>brocante</i> , \pm 50
Sat. 12 th	Sainte-Suzanne (53)	' <i>troc-plante</i> ': sale and exchange of anything for the garden; in parking de la Baronnie; 10h30–13h, \pm 50
W/e 12/13 th	Argentan (61)	<i>Foire aux Greniers</i> , \pm 70
Sun. 13 th	Brecey (50)	<i>Vide-ta-chambre</i> , in Espace Culturel, Place du Marché; 9h30–17h30 (mostly toys & children's clothes), \pm 50
"	La Chap. d'Andaine(61)	v-g, in the Salle des Sports, \pm 200
Sun. 20 th	Granville (50)	monthly <i>brocante</i> , \pm 50
"	La Chap. d'Andaine(61)	<i>brocante</i> / v-g in the Salle Roland Fléchar, \pm 150

Visit www.brocabrac.fr and www.vide-greniers.org which are constantly updated with *brocantes* / *vide-greniers*, including any changes.

Marchés de Noël (Christmas markets) in November:

Sun. 20 th	St-Sauveur-le-Vic.(50)	9h30-17h30 in Place de la Mairie
Fri. 25 th	Messei (61)	on rue Jean Dumas, from 16h to 21h30
Sun. 27 th	Montaudin (53)	from 10h to 18h

[For details of more *marchés de Noël*, visit www.ambiance-noel.fr]

Special dates / public holidays:

- Sun. 1st *Toussaint* (All Saints' Day) - a festival honouring the saints of the Roman Catholic church. It precedes the *Fête des Morts* on the 2nd when people honour the dead and bring flowers, usually chrysanthemums and heather, to the graves of relations.
- Fri. 11th *l'Armistice* (Remembrance Day): the 98th anniversary of the end of World War I. This is the day when those killed in both WWI and WW2 are remembered. Services take place across France, one of the most well known being the Memorial Ceremony at the Tomb of the Unknown Soldier in Paris.

Eating out

[With many thanks to Cynthia H. for this recommendation]: The restaurant '*La Fenderie*' at *Site de la Fenderie* in *Deux Evailles* (53, SE of Mayenne) is in a lovely setting beside a lake, promising a lovely walk after lunch! Good food - weekday *midi*: 3 courses for 12,50€ (wine extra). Excellent service, the staff are lovely staff and they speak good English.

Le Jardin des Plantes de Coutances

Le Jardin des Plantes de Coutances, 2 rue Quesnel Morinière in Coutances (50) is in the grounds of the 17th century mansion (now a museum) which was owned by the Poupinel family from 1675 until 1855. It was then developed to offer a harmonious mix of English landscape and French ornamental garden, and has many attractions: statues, sculptures, a maze, apple press, grotto and many rare species of plants. Open daily (free access): Oct to March: 9h-17h; Apr to Sep: 9h-20h; July & August: (with illuminations) 9h-23h30; a flyer with garden plan is available. More info: www.coutances.fr or ask at the Tourist Office.

22nd EuroMayenne Annual Craft Fair

On Sun. 6th from 10h to 18h in the *Hall des Expositions*, rue Volney, Mayenne (53): British and French amateur & artisanal craftspeople will display and sell their wares (80 stallholders). Lots of great Christmas gift ideas. This year's theme is 'the Eighties' and vendors & volunteers dress up and join in the spirit of the event; entertainment is from 'Jukebox Melody'. For refreshments, Michelle runs a lovely Tea Room inside, and hot food (sausage & bacon baguettes, pulled-pork) will be provided by Lorraine and Darren of *Elliotts Boucherie* outside. Free entry & parking. More info from www.euromayenne.org

Musee d'Art Moderne Richard Anacréon

This museum of modern art is in the Haute Ville, place de l'Isthme, Granville (50). In the 1980s, Richard Anacréon donated his collection of 280 art masterpieces (including Utrillo, Derain, Van Dongen, Vlaminck) and books (also rare editions) by Apollinaire, Cocteau, Claudel, Colette and others. Entry: 4€; handicapped: 2€; under 26s free. Open all year (but not Dec. & Jan). Winter hours: Fri., Sat & Suns., 14h-18h. www.musees-basse-normandie.fr

Cancer Support France Nord Christmas Fayre

On Sat. 26th from 10h to 17h in the *Salle des Fêtes* in Notre-Dame du Touchet (50) will be the Christmas Fayre in support of Cancer Support Nord. There will be a craft stall, tea, coffee, cakes & delicious refreshments, Christmas carols and Father Christmas.

Cheese of the Month : *Pont l'Eveque (AOC)*

This is one of the world's ancient cheeses and probably the oldest Norman cheese still in production. It dates back to the 13th century when it was called *Angelot* but it later took the name of the village near the coast in Normandy where it was mainly produced. *Pont l'Eveque* is a small square-shaped cheese of a pale yellow colour with a white/orange rind and is still made on small farms using rich, salty and almost pasteurised cow's milk. It takes 3 litres of milk to make one 350-400g cheese. Best when eaten at room temperature, it goes well with Pinot Noir, Pomerol or Saint-Emilion wine, and also with cider.

Town of the month : Dinard (35)

Walking around Dinard, with its *Belle Epoque* villas and stripy beach tents, is like taking a trip back in time. Made popular by British and American visitors in the 19th century, Dinard was France's top summer resort until the French Riviera took over in the 1930s. The former fishing village attracted wealthy celebrities and businessmen as well as European royalty, some of whom built fabulous villas - there are now more than 400 listed buildings in the town. The GR34 old custom officers' path passes through Dinard and a trip to St-Lunaire - a favourite resort of rich Parisians and French film stars - makes an interesting day out.

Pre-Christmas Book Sale in support of Grande-Daze Animal Rescue

On Sun. 27th from 10h to 15h, at 'Villagonnais' in Juvigné (53) [on D208 Juvigné to Bourgneuf road]. Lots of beautiful books suitable for presents. Also, CDs and DVDs at 50c. Light refreshments available. Donations of bedding and bric-a-brac are always gratefully received. For more info, phone Jenny on 02 43 02 96 35.

Exhibition of acrylics in Fontaine-Daniel (53)

Until 26th Nov., in *Au Pain Doré, boulangerie & Salon de Thé* near the lake in Fontaine-Daniel, this exhibition by artist Gilles Renault, whose paintings reflect 'serenity and calm', can be viewed on Tuesdays to Sundays, 7h30-13h30 & 14h30-19h30 (closed on Mondays); tel: 02 43 00 34 25, www.pain-dore.com.

Lions Club of Domfront – *les roses de la solidarité*

Traditionally in mid-November you will see members of *le Lion's Club* selling roses outside many supermarkets, commercial centres and church forecourts. They support local area events (local associations, handicapped people, families in distress, the Alzheimers welcome centre) as well as regional, national and international causes (including *Handi-chiens*, which trains and provides assistance dogs for handicapped people). They also organise various events – social evenings, tourist outings, flea markets, collections, exhibitions, etc.

Carrying ID on you at all times

It is the law in France that you must be able to prove your identity at all times – for example, if asked to do so by a *gendarme*. Valid documents include a driving licence or passport, *carte vitale* (showing your photo) or elector's card. A spokesman for the *Préfecture de Police de Paris* said they recommend if you are not French that you carry a photocopy of your passport and leave your passport at home

Something for all the family – Treasure Hunt in Jublains (53)

On Sun. 6th at the *Musée Archéologique Départemental*, 13 rue de la Liberation in Jublains (53) from 10h-17h, this family Treasure Hunt takes place during the day in the Fortress. Walk around this great building to search for clues that will allow you to open the treasure chest! Will you find *gauloises* money? More info available at *l'Accueil* of the Museum. Remember to take footwear adapted to the weather conditions for that day! www.museedejublains.fr

Entertainment & Concerts

Sun. 6th at 16h in *l'Eglise St Martin* in Mayenne (53, east of the river, up in the old town): the choir and orchestra '*Musica Fideli*'. Tickets: 10€, under 12s: 5€; more info from the Mayenne Tourist Office, www.hautemayenne-tourisme.com

Fri. 18th in support of Telethon 2016 - in the Salle Polyvalente, rue Volney, Mayenne (53):
 ♪ at 20h30: a concert with David Luka: "*les années XXIème en chansons*";
 ♪ at 21h30: a comedy show with '*Cabochard*'. Tickets, 10€, available from the Mayenne Tourist Office.

Sat. 19th at 20h30 in *l'Espace Clair de Lune* in Ernée (53): a concert given by the *Orchestre d'Harmonie d'Ernée*. The theme is South American music. Tickets are 6€ (under 12s free) on sale at the door on the night.

Sat. 19th at 20h in the church in Fougerolles-du-Plessis (53): *Lyre Gorronnaise* and the Fougerolles choir are together giving a free concert, with mixed light music.

Tues. 22nd at 20h30–21h45 in *l'Espace Clair de Lune* in Ernée (53): "3E: Knee Deep" – incredible Australian and Samoan show with amazing acrobatic and balancing feats, with Emma Serjeant, Jesse Scott, Natano Fa'anana and Lochlan McAulay. Tickets 12€, children 7€; more info from 02 43 05 98 80, or www.cc-lernee.fr/culture

'Three Choirs' Concert in Carrouges (61)

On Sun. 6th at 15h in the church at Carrouges this choral concert features 3 choirs – *Cantamus*, *Auro-Canto* and *Faire-Chanter-la-Vie*. The programme will include some popular French songs by the 2 local French choirs, with a varied programme of seasonal music from *Cantamus*, the well-known female group. Entrance is free and there will be a collection for Christians Against Torture. For further info contact Lesley Thomson on 02 33 38 09 44 or at les.paul@wanadoo.fr. [Advance notice: the *Cantamus* Christmas concert in Dompierre (61) will be on Friday 16th Dec., more details in the December Bulletin].

New 'Open Mic Nights' in Notre-Dame du Touchet (50)

Sylvie, the owner of the bar 'Le Viking' in Notre-Dame du Touchet has asked Norrie Waters to start a new 'Open Mic Night' there, and the first one is on Sat. 5th at 20h. Many of the favourite performers will be there, but Norrie is always on the lookout for new acts who would like to join in. They also need an appreciative audience to make the evening go well. Anyone wanting to take part should turn up at 20h on the Saturday evening or contact Norrie at waters.norman@orange.fr to guarantee a slot of 15 minutes.

Calling any brass musicians within driving distance of Ernée (53)

A message from Tony Bushnell: "We used to play with a brass quintet in the UK and would like to form the same here in Mayenne. We have quite a large number of arrangements to play. Ideally we need two trumpets (or cornets) and a horn (either French horn in F or tenor horn in Eb). We can cover trombone and tuba. Please contact me, Tony Bushnell, on 02 43 05 12 82 if you could fill one of the parts needed".

Lest We Forget : *Batterie de Crisbecq*

This 4 ha. site, on the route des Manoirs, St-Marcouf-de-l'Isle (50) was one of the most important German artillery batteries of the Atlantic Wall. Discovered in 2004, it had been covered in woodland and flooded for many years. You can see where the soldiers lived, and follow the D-Day action to beat back the Allies to Utah beach on 6th June 1944, through the 21 blockhouses linked by 1km of trenches. A new bunker has just been discovered where grenades and light armoury were stored. Open daily from April to Nov., 11h-18h. Tickets: Adults 7€, children (6-12): 4€, students: 6€. Dogs allowed if on a leash

English film night in Gorrion cinema

The next English film to be shown in Gorrion cinema is on Monday 7th: **Bridget Jones' Baby** – a very popular sequel to the other 2. Tickets (5,50€) are on sale from 20h on the night at the cinema. The *Bar de la Mairie* is open at the bottom of the hill for those who would like some pre-film refreshment

Fête de la Coquille St-Jacques in the Calvados region (14)

Two venues this month (more info at www.calvados-tourisme.com):

On Sat. 13th & Sun. 14th you can celebrate *coquilles St-Jacques* (scallops) and *les fruits de mer* in Place Gaudin, Port-en-Bessin (14). Lots of atmosphere with this great marine tradition, including the singing of sea shanties around the town!

On Sat. 19th & Sun. 20th, 10h-18h at Place de Gaulle, Riva Bella, Ouistreham (14), this is a celebration of the *coquille Saint-Jacques* and other goodies from the sea. Free.

Re-cycling – colour coded bins

Since 1st July 2016 new colour coding is in place to simplify the recycling of packaging. The bins now have 3 colours – yellow, blue and green. Yellow is for plastic bottles, plastic/waxed food cartons, steel & aluminium containers (hairspray, tin cans, foil pie dishes); blue is for paper (magazines, newspapers, small boxes) and green for glass (bottles and jam jars). It is not necessary to wash them, just make sure they are empty. Recycling allows new packaging or objects to be made – for example, 850 steel cans can be used in the making of a washing machine. Important energy savings are made – to make a product from recycled aluminium uses 95% less energy than using bauxite, the product from which aluminium is made. Recycling is important – for example, as a result, the tax payable for rubbish collection has not increased in the Cdc des Pays d'Andaine since 1997!

Christmas Lights switch-on and pyrotechnics in Laval (53)

On Sat. 26th at nightfall, the impressive Christmas illuminations on the river in Laval town will be switched on, followed by a pyrotechnic spectacle on the river. More info. from the Laval Tourist Office: www.laval-tourisme.com, 02 43 49 46 46

Exhibition to mark the 950th anniversary of the Battle of Hastings

Until 18th Nov., in the *mediathèque* at 2 rue d'Avranches in Saint-James (50), this exhibition is entitled "*Embarquons pour la conquête de l'Angleterre avec Guillaume le Conquérant*". More info from the Tourist Office, or at www.mediatheque.saintjames.opac3d.fr

Sculptures in concrete – including the Gorrion Cow

Jean-Pierre Renault, a mason by trade, lives in St Berthevin-la-Tannière (53) and for the last 40 years has been creating masterpieces in concrete. As well as the heads of many famous actors, he has sculpted many life-sized birds and animals including a life-sized horse, made from concrete and painted in life-like colours, pulling a wooden cart. For those who have visited the newly designed area that was once the Gorrion *plan d'eau* you will see, near the Hotel de Bretagne, a wonderful life-sized cow sitting crossed-legged on a bench, with a flower in its mouth! First seen last year near St Berthevin-la-Tannière for the passing of the *Tour de France*, this was made by Jean-Pierre Renault as a touch of humour - the cow has been the subject of many photographs and has resulted in many smiles!

Annual Country Dance with *l'Assoc. "OK Country Music"*

On Sat. 19th from 20h30 in the *Salle des Fêtes* in St Laurent de Terregatte (50). Entry: 6€, and drinks, crêpes and sandwiches are available by prior reservation. More info. from the Saint-James Tourist Office or at www.ok-country-music.com

Something you didn't know you didn't know

Grown only in 10 communes around the Basque town of Espelette, at the foot of the Pyrénées, the *Piment d'Espelette* is the only spice in France which has an *Appellation d'Origine Controlée* (AOC) label. Introduced from Mexico in the 17th century, it was found to flourish in the local micro-climate which combines warmth and humidity. Production has increased - in 1997 there were just 30 producers, now there are around 180, producing 199 tonnes in powdered form each year. Some are also left whole and sold to be used fresh.

Exhibition of old postcards of Bagnoles de l'Orne (61)

Until 13th Nov., along the fencing of the *hippodrome* and also in the gardens around the lake, you can see postcards showing life in Bagnoles de l'Orne at the turn of the century – the bathers, railway station, horse racing, tennis, golf, the Thermal Baths, etc. Free

Elliotts *Boucherie* in Gorrion (53)

Lorraine and Darren would like to let their customers know that their opening hours for winter will be: Tuesdays-to Fridays: 9h-13h & 14h-17h; Saturdays: 9h-12h30.

Message from Amanda at the Le Café Gourmand in Gorrion (53)

Amanda regrets that, due to health reasons, she has had to make the decision to sell-on the *Café Gourmand*, 27 rue Magenta in Gorrion, after many successful years. Anyone wishing to make enquiries please contact Amanda on 02 43 00 75 06.

However, Amanda will still be serving her popular Christmas lunches in December - from Tues. 6th to Fri. 23rd (see page 7: 'Advance Notice').

Foire Saint-Martin in St. Hilaire du Harcouët (50)

This annual event takes place from 5th to 8th, where the town comes alive with stalls along the streets, a *fête foraine* and many exhibitions, and it attracts over 150,000 visitors each year. For more info visit www.st-hilaire.fr or the Tourist Office.

Sport & Leisure Activities

Zumba for children, in Champsecret (61)

Since mid-Sept., zumba classes have been held in the Salle des Fêtes in Champsecret, run by Angela Breward as part of *l'Assoc. Bien-etre et rythme*. Children are welcomed on Weds in term-time from 17h15 to 18h. Classes for adults are also offered on Tues.: 10h30-11h30 and Thurs.: 20h30-21h30. For more info contact Angela Breward on 02 33 38 29 97

Walking

Two walks organised by *St James Randonne*. Depart at 14h from Place du Champ de Foire in Saint-James. 1,50€ for non-members. More info www.saintjamestourisme.fr:

☞ Sun. 13th – walk from Saint James (50) to Sains (35)

☞ Tues. 29th – walk from Saint James along the banks of the river Couesnon (50)

[Remember, for all sporting activities, you need a current health certificate from your doctor]

Feedback from October's events

The ever-popular *Plantes en Fêtes*, held on Sun. 9th Oct., at the 16th century *Manoir de la Guyardière* in La Haute Chapelle (61) always attracts many people and this year they welcomed around 8,000 plant enthusiasts. One for the diary next year! www.plantesenfete-manoirdelaguyardiere.fr.

Advance notice - Christmas lunches in Café Gourmand, Gorrion (53)

Amanda will be serving Christmas lunches from Tues. 6th to Fri. 23rd December. It is recommended to book your table as soon as possible to avoid disappointment – tel. no: 02 43 00 75 06. More info in the December Bulletin (issue no. 117).

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That's all for this month – still lots going on in this area and there are some wonderful autumn colours in the fields and woodland to delight us!

Judy Skinner

La Croix des 4 Epines

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tel: 02 43 30 29 06

e-mail: judithsk@free.fr

Events by the day (not including *vide-greniers*):

November 2016

Date	Event	Place	Page
Sun. 1 st	<i>Toussaint</i>	All over France	1
Sat. 5 th	Open Mic Night at ‘Le Viking’	Notre-Dame du Touchet	4
5 th to 8 th	<i>Foire Saint-Martin</i>	St Hilaire-du-Harcouët	6
Sun. 6 th	EuroMayenne Craft Fair	Mayenne	2
“	<i>Musica Fideli</i> choir & orchestra	Mayenne	4
“	‘Three Choirs’ Concert	Carrouges	4
“	Treasure Hunt at the <i>Musée</i>	Jublains	3
Mon. 7 th	Film: Bridget Jones’ Baby	Gorron	5
W/e 13 th /14 th	<i>Fête de la Coquille St-Jacques</i>	Port-en-Bessin	5
Sun. 13 th	Walk from Saint James to Sains	Saint-James	7
Fri. 11 th	<i>l’Armistice</i>	All over Europe	1
Fri. 18 th	David Luka in concert & ‘Cabochard’	Mayenne	4
Sat. 19 th	Annual Country Dance	St Laurent de Terregatte	6
“	Concert by <i>Orchestre d’Harmonie d’Ernée</i>	Ernée	4
“	Concert with 2 choirs – mixed light music	Fougerolles-du-Plessis	4
W/e 19 th /20 th	<i>Fête de la Coquille et de la Gastronomie</i>	Ouistreham	5
Tues. 22 nd	‘3E : Knee Deep’ show	Ernée	4
Sat. 26 th	Christmas Fayre (Cancer Support Nord)	Notre-Dame du Touchet	2
“	Christmas Lights & pyrotechnic display	Laval	5
Sun. 27 th	Grande-Daze Pre-Christmas Book Sale	Juvigné	3
Tues. 29 th	Walk along the river Couesnon	Saint-James	7

Some more local Tourist Office contact details:-

Avranches (50)	www.ville-avranches.fr	02 33 58 00 22
Granville (50)	www.ville-granville.fr	02 33 91 30 03
Gorron (53)	www.gorron.fr	02 43 30 10 50
Laval (53)	www.laval-tourisme.com	02 43 49 46 46
Rennes (35)	www.brittanytourism.com	02 99 67 11 11
Saint Malo (35)	www.saint-malo-tourisme.com	08 25 13 52 00